

Suggested Coastal Marine Medical Kit

Medical Condition	Item
Lacerations	Iodine "preps"* Alcohol "preps"* 4 inch x 4 inch gauze* Assorted Band Aids* Steristrips-assorted sizes* 2" and 4" cotton rolls* ½ " paper tape* One Point Sharp Scissors* Triple Antibiotic Ointment* Bactroban Ointment*+
Allergic Reactions	Epi-Pen (epinephrine)*+ Epinephrine 1:1000 bottle*+ Syringes and needles (25 gauge 1&3cc)+ Oral Benadryl 25 mg. tablets Claritin Tablets Prednisone 20 mg. tablets*+
Sea Sickness	Meclizine 25 mg. tablets*+ Transderm Scop Patches*+ Compazine 5 mg suppos.+
Infection	Z-Pack tablets*+ Augmentin 500 mg. tabs*+ Doxycycline tabs 100 mg*+ Cipro tabs 500 mg*+ Tobramycin eye drops Neosporin ear suspension
Asthma Episode	Pro Air (albuteral) inhaler+ Prednisone 20 mg. tabs+
Cough	Delsym or other DM OTC*
Anti-Inflammatory	Aleve Tablets* Advil or Motrin Tabs*
Pain Control	Percocet 5/325 tabs+ Tylenol Extra Strength Tabs*

Minor Burns	Silvadene Cream Telfa Pads
Nasal Congestion	Afrin Spray* Sudafed Tabs*
Diarrhea	Imodium Tabs*
Gastric Upset	Pepcid AC tabs* Mylanta liquid* Ranitidine tabs+
Cardiac Arrest	Defibrillator+ ¹
Rash	Hydrocortisone 1% Cream*+
Cardiac Chest Pain	Aspirin 325 mg. Tabs* Nitroglycerine tabs+
Fractures/Contusions	Triangular bandage Finger Splint Arm Splint Assorted Ace Bandages
Miscellaneous	Stethoscope

¹ Such as the First Responder defibrillator, from First Responder, www.FRES-CPR.com, (203) 557-0722